



A FEW GRAY HAIRS

Dec. 23
Nat'l
Violin
Day



A Newsletter of the Georgetown Council on Aging

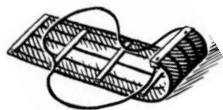
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Director's Notes... As the holidays arrive, the sights and sounds of the season can transport us back to memories of earlier holiday times. Strings of colored lights and garlands twisting across doorways and light posts, wreaths on windows and lush bows in reds and festive plaids remind me of the lighted decorations that ran across main streets and town squares in so many of the towns around us. As soon as the outlines of holly leaves, candy canes and stars twinkled over the street, we knew the holidays were in sight! Holiday music fills the radio and television and is heard throughout stores. No matter the location, I am ready to hum along, remembering school concerts, Pops with my parents and my Grandmother singing and playing Christmas carols on her piano. But the special scents of the season also evoke memories – the aroma of freshly baked pies cooling on the counter, the spicy scent of mulled cider and the crispness of fresh balsam and Scotch pines. The scent of fresh pine helps me recall an early trip into the woods with my father to gather pine boughs for wreaths planned for our house. Off we drove in the station wagon with my toboggan and collie in the back. Not far from home, we parked the car and Dad unloaded the toboggan to pull me and carry the pine boughs. As we entered the woods, my dog ran happily around the toboggan and I rode in comfort gazing up at the towering pines. The scent of the trees filled the air and soon surrounded us as Dad piled pine boughs onto the front of the toboggan. In no time, we had gathered the boughs needed for the project and headed back to the car. I can still picture my Dad clad in his parka pulling the toboggan across the snow with me holding onto the boughs and my dog running back and forth in excitement. A perfect moment easily recalled with just a quick breathe of pine! What joy! Wishing you all many perfect moments filled with the joy and peace of this special season!



Many Thanks to Kiwanis Club

Reflecting the true meaning of Thanksgiving, the Georgetown Kiwanis provided Georgetown elders with a magnificent Thanksgiving dinner on November 21 at the new Penn Brook School. Crafted by the Georgetown Country Gardeners, beautiful centerpieces graced each linen-draped table. Featuring a turkey dinner that included all of the traditional side dishes, the afternoon began with hearty appetizers and ended with a wide variety of pies. Members of the Kiwanis were up at dawn to cook more than 20 turkeys for the crowd. The annual event nourished bodies and souls! The Georgetown COA thanks the Kiwanis for all of their care and compassion and work with elders in the community.



Perley School Senior Center Project Update

Voters at the November special town meeting unanimously agreed to fund \$175,000 as the first phase of construction needed to repurpose five classrooms at the Perley School as a Senior Center facility. Their decision followed the action at the annual town meeting to seek design and engineering services needed for the project. Working with Sterling Associates, a design is planned to create a new entrance area, administrative offices and reception area in one classroom and three smaller office areas for confidential programs and services in a second classroom. Three additional classrooms will be organized to allow small group activities including cards, games and crafts as well as large group activities such as fitness, community and health education and cultural programs. The COA will share use of the cafeteria, kitchen and gymnasium with the Georgetown School Department. Working with the Whittier Regional Vocational Technical High School, construction is expected to begin this month. At the annual town meeting in May, voters may be asked to support \$175,000 from the Community Preservation fund to complete the renovations. By bringing all of the COA's 30 programs and services under one roof, the new Senior Center will allow the COA to be more efficient and effective in serving local elders and their families as well as provide additional programs and services to reflect the current and future needs of the community. The COA is grateful for the Town's support of this exciting project and looking forward to all of the opportunities that the new Senior Center at Perley School will bring to the community.

Strength Training classes & Van trips will be canceled on Thurs. December 24 for Christmas & Thurs. December 31 for New Year's Day.

December Activities

ACTIVITIES ARE HELD AT THE FIRST CONGREGATIONAL CHURCH UNLESS OTHERWISE NOTED.



CALL US AT 978-352-5726.

NOVEMBER VAN SCHEDULE 2015



Shopping Date	Location	Recreation Date	Location
Dec. 1	NO VAN – Brown Bag Only	Dec. 3 9:30	Super Walmart/Salem, NH
Dec. 8 9:30	Plaistow, NH	Dec. 10 10:30	North Shore Mall/Peabody
Dec. 15 9:30	Newburyport	Dec. 17 10:30	Seabrook, NH
Dec. 22 9:30	Rowley	Dec. 24	NO VAN – Christmas Eve
Dec. 29 9:30	Haverhill	Dec. 31	NO VAN – New Year's Eve

JOIN US MONDAY – WEDNESDAY MORNINGS from 9-10:30 a.m. at the First Congregational Church for cards and cribbage games! Hot coffee and snacks are a great way to reconnect with friends!

SHINE OFFICE HOURS: Tues. Dec. 1, 9-11 a.m.

Town Hall, 2nd Floor (Note: Date change for Dec. only)

SHINE Counselor Jerry Goldberg will be here to answer health insurance questions. **APPOINTMENTS MUST BE SCHEDULED THROUGH THE COA OFFICE.** If you cannot come to the scheduled hours, the COA can contact our SHINE counselor to make other arrangements for you. To schedule an appointment, call (978) 352-5726.

VISITING NURSE: Wed. Dec. 2, 10 – 11 a.m.

First Congregational Church

Public Health Nurse **Pam Lara** provides blood pressure checks, heart assessments, & medication information & discusses any medical concerns seniors have. Barbara Muse, R.N., a visiting nurse, is also available for Trestle Way residents in their Community Building on the first Wednesday of each month from 12 - 2 p.m.

MEN'S BREAKFAST: Thurs. Dec. 3, 9:30 a.m.

Trestle Way

Join us in welcoming GFD's new chief: Fred Mitchell, Jr. With great appreciation, the COA thanks Crosby's Markets for their sponsorship & the Georgetown Housing Authority for their partnership in offering the monthly program. **To make reservations, call 978-352-5726.** Next breakfast: Thurs. Jan. 7, 2016

Speaker: Chris Comiskey, Georgetown Historical Society

Local Legislators' Office Hours

The following legislators, or their representatives, will be on hand at **Town Hall** 2nd Floor Conference Room to meet with constituents to answer questions, hear comments or provide assistance. The public is welcome. For more information, contact the COA at 978-352-5726.

Rep. Lenny Mirra:

For Date/Time

Call: (617) 722-2130

Leonard.Mirra@MAhouse.gov

Sen. Bruce Tarr:

NO Office Hours

in December

Bruce.Tarr@masenate.gov

ANNUAL COA HOLIDAY PARTY: Mon. Dec. 7, 1 p.m.

Trestle Way Community Room See pg. 3 for details.

HOLIDAY LIGHTING SAFETY PROGRAM

Tues., Dec. 8, 10 a.m.

First Congregational Church See pg. 3 for details.

GMHS CONCERT/BREAKFAST: Fri. Dec. 11, 8:15/9:15 a.m.

See page 3 for details.

SEASONAL CRAFT: Tues. Dec. 15, 10 a.m.

First Congregational Church See pg. 3 for details.



DECEMBER BIRTHDAY CELEBRATION:

First Congregational Church

Tues. Dec. 22, 11:30 a.m.

Help us send best wishes to our friends who were born in December. Birthday celebrants will receive a free lunch (everyone else is \$2). Lunch reservations are required. **RSVP before 12/15/15 to assist with planning.** To make reservations, please call the COA office at (978) 352-5726.

FRIENDS OF THE GEORGETOWN COA: There will be no meetings in December or January. Next meeting: Tues. Feb. 16, 2016 at 2 p.m. at Georgetown Peabody Library.

Free Legal Help offered by Atty. Elaine Dalton

Tues. Dec. 15, 10 a.m. at First Congregational Church

(Please note date change is for December only.)

Assistance available for: *Health Care Proxies,

*Durable Power of Attorney, *elder law issues

*15 min. appts. available by calling COA at 978-352-5726



Health & Wellness Classes

Yoga classes are held at First Congregational Church.
Strength Training Classes are held at Trestle Way.
Newcomers & beginners welcome.
There is a SUGGESTED DONATION of \$3.00 per class.

*Promoting
Healthy
Living*

Class	Meets on	Time
Yoga (Bring a mat or towel)	Mondays	10:30 a.m.
	Wednesdays	9:00 a.m.
Strength Training	Tuesdays	12:30 p.m.
	Thursday	10:45 a.m.

Walking Club
Meets Mondays & Wednesdays
3:30-5:00 p.m.
At Penn Brook School.
Participants must pre-register
with the COA.
978-352-5726

B	I	N	G	O
12	21	38	49	63
Georgetown Senior Center		40	Trestle Way Community Room	
Every Monday at noon	Cost: \$1.00/card covers up to 10 Games	Free Space	1 st & 3 rd Wednesdays each month at 1:00 p.m.	Cost: 50¢ & 75¢ per game.
For more info, call (978) 352-5726		33	Contact: GHA (978) 352-6331	
2	29	45	50	72

Please note: When attending any class or program scheduled at Trestle Way, please be mindful to park in non-resident parking only.

Holiday Safety Program

Sponsored by Georgetown Light Dept.
Tues. Dec. 8, 10 a.m. First Congregational Church



The holidays can be a fun and exciting time of year.
They can also be a dangerous time of year. Georgetown Light Dept. will share tips and information on staying safe.

COA Annual Holiday Party

Mon., December 7, 1:00 p.m.
Trestle Way Community Hall



Share the holiday spirit with friends!
Join us for a light meal & entertainment.
Food provided by the Friends of GCOA.
Centerpieces generously provided by
The Georgetown Country Gardeners.
RSVP to COA (978-352-5726) before Dec. 1.



- Refreshments will be served.

To assist with planning, please call the COA
if you plan to attend. (978) 352-5726

GMHS Annual Holiday Concert/Breakfast

Fri. December 11

Breakfast @ 8:15 a.m., Concert @ 9:15 a.m.
Held at Georgetown Middle/High School



Listen to the sounds of the season
Presented by the GHS Concert Band,
Chorale & GHS Chorus.

Come early and enjoy breakfast provided by the
school food service.

RSVP to COA by Dec. 3.

The breakfast & concert are free of charge.
Call the COA at (978) 352-5726.



December Craft:

Snowman Under Glass

Tues. December 15
10 a.m.

First Congregational Church

After last winter, this is the ONLY snow
we want to see: a whimsical snowman enjoying his winter
wonderland contained in a jar! **Space is limited. RSVP**
before Dec. 8. Call the COA at 978-352-5726.

Medicare Open Enrollment Closes Soon

Medicare's Open Enrollment period continues through Dec 7, 2015. To schedule an appointment with SHINE Counselor Jerry Goldberg, call the COA office at (978) 352-5726. SHINE information is also available by calling 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back as soon as possible. For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call 1-800-MEDICARE (1-800-633-4227).



Home Improvement Applicants Sought
Rebuilding Together (RT) is now accepting applications for no-cost home repair assistance on the Annual Rebuilding Day on Saturday, April 30, 2016. The application **deadline is Thurs. Dec. 31. Call RT** at 978-469-0800 for info and eligibility guidelines.

MassOptions Service Now Available

As a service designed to connect elders and individuals living with community services, the state Executive Office of Health and Human Services now offers **MassOptions**, a website and call center. The free resource links elders, families, caregivers and individuals living with disabilities to services throughout the state. **MassOptions** partners with the Aging and Disability Resource Consortia as well as with other state agency partners to provide referrals that best fit an individual's needs. The service is available by telephoning 1-844-422-6277, seven days per week 8 a.m.-8 p.m., or visiting MassOptions.org.

SCAM ALERT!

The Massachusetts Executive Office of Elder Affairs reports that several email and telephone scams are in circulation, including IRS impersonators. The IRS does not initiate contact with taxpayers by email or social media to request personal information or notify people of an audit, refund or investigation. A local resident recently received a phone call that sounded like a recording. It told her to call a number because an arrest warrant had been issued and she needed to pay a sum of money. She recognized the call as a scam, took down the number and hung up. She then notified the COA and her local police. Unfortunately, another local resident fell for the ruse and lost \$35,000. The IRS NEVER CALLS FOR PAST DUE amounts or threatens to arrest you! Never give out any personal information over the phone or to a web site you did not solicit yourself. In doubt? Don't do it!



The **Property Tax Incentive Program** will be available to Georgetown residents 60 years and older again this year. **Application forms and guidelines will be available AFTER December 1 at the Council on Aging.** The program will run January 1, 2016-October 31, 2016. The program currently permits elders to reduce their property taxes by \$500 per calendar year in exchange for 62 hours of volunteer service to the town. **Applications must be returned to the COA office by Wednesday December 30, 2015.** For further information, please call the COA office at 978-352-5726.

Heating Assistance Program

Application Packets are now available at the COA.

Households that did not apply for the program last year, can apply for the program by calling Community Action at (978) 373-1971 or the COA office at (978) 352-5726. Maximum gross income is **\$33,126** for one-person or **\$43,319** for a two-person household. This year applications are available, and can be completed, at the COA office. For more information, call the COA at (978) 352-5726.



Attention Seasonal Travelers!

With winter travel plans in place, please notify the COA of the dates you plan to be away. We will temporarily remove you from the mailing list and put you back on the mailing list when **you notify us** of your return.

Merrimack Valley Chapter, MSOG, Inc. Presents
"Surprising Things Genealogists Do"

Sat. December 5 ~ 10 a.m.-noon ~ Georgetown Peabody Library No charge, but seats are limited. For more information, visit msoginc.org.



Local elders: Pauline Avery, Nancy Thompson & Alex Bruce enjoyed a performance by acoustic folk duo Simons & Goodwin.

Council on Aging Services

For information on any of the following services, contact the COA at (978) 352-5726.

TRANSPORTATION/SHOPPING:

The Van is available Tuesdays & Thursdays for door-to-door for shopping and errands. Reservations should be made at least two days in advance by calling the COA office at (978) 352-5726. Please check the Van Schedule for this month's days and destinations. A small donation is suggested to help with program expenses.

TRANSPORTATION/MEDICAL:

Northern Essex Elder Transport, Inc.

This program provides rides for elders to medical appointments. Arrangements should be made at least THREE days in advance of the appointment by calling the Council on Aging office at (978) 352-5726. If the office is closed, please leave a message (and remember that we are not open on Fridays). After the ride is arranged, the DRIVER will call you the day before the ride. A donation of 43 cents per mile is suggested to help support the program. However, no one is turned down due to inability to pay. Please remember: Reservations must be made through the Council office and clients should not be calling the drivers directly.

RING & RIDE: Medical, Shopping & General Purpose Transportation

Ring & Ride is a free shared van service available to Georgetown residents. It requires 24 hour notice for reservations made through MVRTA (978-469-6878, option #3). The van can be used for any purpose including medical and shopping in Amesbury, Boxford, Georgetown, Haverhill, Groveland, Newburyport, Lawrence, Methuen, Newbury, North Andover, West Newbury, Rowley Train Station & Market Basket. For a brochure, contact the COA.

HANDICAP PLACARDS

Are you in need of a HANDICAP placard for your car? The Council on Aging has applications available from the Registry of Motor Vehicles.

Meals on Wheels

Available to eligible seniors by calling Elder Services of Merrimack Valley at 1-800-892-0890.

Congregate Meals

The Senior Center offers nutritious lunches Monday-Wednesday at 11:30 a.m. Please make reservations at least three business days in advance by calling the COA or in person at the Center.

FOOD AND HEAT RESOURCES

For more information, contact the COA office at (978) 352-5726.

VISITING NURSE

On the first Wednesday of each month, from 10:00 - 11:30 AM, Pam Lara, RN is available at the Senior Center to perform Blood Pressure checks, etc. Trestle Way residents may also visit with the nurse in the Community Building on the first Wednesday of each month, noon-2:00 PM.

S.H.I.N.E.

Serving Health Information Needs of Elders will help you understand your health insurance concerns. Appointments can be scheduled with SHINE counselor Jerry Goldberg at the Senior Center on the first Monday of each month.

EQUIPMENT LENDING PROGRAM

COA has medical equipment (Walkers, Canes, Wheelchairs, Bath Seats, etc.) for long- or short-term lending.

FILE OF LIFE & YELLOW DOT PROGRAMS

Both programs provide a health history document to be used by emergency personnel in case of illness or injury. One is for your home, the other for your car.

HEALTH CARE PROXIES

COA has fact sheets and Health Care Proxy forms available upon request.

THE FILE A handy folder which serves as a summary of record of Financial Information, Investments & Insurance, Legal Documents & Estate Management information.

Updated 4/24/12

Georgetown Council on Aging
Memorial Town Hall
1 Library Street
Georgetown, MA 01833

Return Service Requested

We strive to keep our mailing list up-to-date. Please let us know if you would prefer not to receive the newsletter or if the addressee is no longer at this address.

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Georgetown Council on Aging
1 Library Street
Georgetown, MA 01833
(978) 352-5726

Office Hours:

Monday – Thurs. 8 am – 4 pm

Georgetown COA Meal Site
@ 1st Congregational Church
Andover St. ~ Georgetown, MA
(978) 352-8443

Open:

Monday – Wed. 9 am – noon

PUBLIC NOTICE

C.O.A. board meetings are open to the public. They are held at noon on the 4th Tuesday of each month at the **First Congregational Church Andover Street, Georgetown**

NEXT BOARD MEETING:
Tuesday December 22, 2015

Georgetown Council on Aging:

Director: Colleen Ranshaw-Fiorello

Office: Julie Pasquale, Newsletter

Kirsten Klueber, Outreach

Dave Hall, Van Driver

Jeannine DesJardins, Volunteer

Meal Site Coordinator: Mickie Locke

Board Members:

Jeannine DesJardins, Chair

Claire Maimone, Vice Chair

Susan Gardiner, Treasurer

Jean Perley, Secretary/Clerk

Corona Magner, Esther Palardy, Diane

Prescott, Nancy Thompson, Caroline

Sheehan, Ann Stewart & Susan Clay,

Alternates.

Town of Georgetown:

Michael Farrell, Town Administrator

Philip Trapani, Chair, Board of Selectmen

Douglas Dawes, Board of Selectmen

Gary Fowler, Board of Selectmen

David Surface, Board of Selectmen

Georgetown COA Webpage is located on the town's official website www.georgetownma.gov.

Council on Aging Mission Statement: The main objectives of the Georgetown Council on Aging are to advocate on behalf of older adults, to identify their needs, to develop and implement services to meet their health, economic, social and cultural needs, to encourage maximum independence and to improve their quality of life.

Inclement Weather Policy: The Georgetown Council on Aging and Senior Center will be open for business in inclement weather unless all Georgetown town offices are closed. If the Georgetown Public Schools are closed, there will be no van rides or NEET rides, and all COA activities/programs will be cancelled. If the Merrimack Valley Nutrition Project is closed, there will be no lunches served at the COA Meal Site located at the First Congregational Church.

December Menu - Make reservations 3 days in advance. Call (978) 352-5726.

Lunch is served Monday through Wednesday at the First Congregational Church at 11:30 a.m. Cost is \$2.00.

Congregate meals are made possible in part by funding from the Older Americans Act as granted by Elder Services of the M. Valley
Nutritional information regarding meals is available upon request by calling the COA office at (978) 352-5726.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
	1 American Chop Suey, Peas, Carrots, Cookies	2 Baked Tilapia/Dill Sauce, Brown Rice, Zucchini/Tomato, Fresh Fruit
7 Baked Salmon/Dill Sauce, Brown Rice Pilaf, Broccoli, Fresh Fruit	8 Chix Cacciatore/Noodles, Turnip & Carrots, Peaches	9 LS Hot Dog, Baked Beans, Chef Blend Veg, Rice Pudding
14 Pork Roast/Gravy, Lyonnaise Pot, Carrots, Warm Cinnamon Apples	15 Baked Pollock/Lemon Sauce, Veg Brown Rice, Broccoli, Fruit	16 Chix Cordon Bleu, Mash Pot, Peas & Mushrooms, Mini Chocolate Eclair
21 Meatloaf/Gravy, Mashed Pot, Mixed Veg, Fresh Fruit	22 Chix Croquettes, Mashed Cauliflower, Roast Red Pot/Peppers, Lemon Pudding	23 Glazed Pork Loins, Scalloped Pot, Broccoli, Fruit Cup
28 BBQ Chix, Mashed Red Bliss Pot, Capri Veg, Fresh Fruit	29 Baked Fish/Red Pepper Sauce, Mash Turnip/Carrots, Broccoli, Cookies	30 Stuffed Shells/Sauce, Peas, Carrots, WW Bread, Fresh Fruit



Winter's chill is in the air. Sit back and enjoy a warm, creamy mug of cocoa!
Pack some of this mix in a pretty, air-tight jar and you have a great little present or hostess gift.



Hot Cocoa Mix

8 c Nonfat Dry Milk ~ 4 c Nesquik Chocolate Powder ~ 2 c Powdered Coffee Creamer ~ 1 c Powdered Sugar

Mix all ingredients well and store in an airtight container. To make cocoa: Add 1/3 - 1/2 c cocoa mix to a mug of boiling water and stir well. Makes a lot!

DECEMBER VAN & ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 No Shopping Van– Brown Bag 9:00 SHINE appts. (Date change for Dec. Only) 11:30 Lunch 12:30 Strength Training	2 9:00 Yoga 10:00 Visiting Nurse 11:30 Lunch 3:30-5 Walking Club	3 9:30 Mens' Breakfast/TW 9:30 VAN: Walmart/Salem NH 10:45 Strength Training
7 9:30 Dolls 10:30 Yoga 11:30 Lunch 1:00 Holiday Party NO Bingo Today 3:30-5 Walking Club	8 9:30 Van: Plaistow, NH 10:00 Holiday Light Safety 11:30 Lunch 12:30 Strength Training	9 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	10 10:30 VAN: North Shore Mall 10:45 Strength Training ----- Fri. 12/11 8:15/9:15 GMHS Concert/Breakfast
14 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	15 9:30 Van: Newburyport 10:00 Free Legal Help by appt (Date change for Dec. Only) 10:00 Seasonal Craft 11:30 Lunch 12:30 Strength Training	16 9:00 Yoga 11:30 Lunch 3:30-5 Walking Club	17 10:30 VAN: Seabrook, NH 10:45 Strength Training
21 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo 3:30-5 Walking Club	22 9:30 Van: Rowley 11:30 Birthday Lunch 12:00 COA Board Meeting 12:30 Strength Training	23 9:00 Yoga 11:30 Lunch No Walking Club Today	24 Christmas Eve NO VAN NO Strength Training
28 9:30 Dolls 10:30 Yoga 11:30 Lunch 12:00 Bingo No Walking Club Today	29 9:30 Van: Haverhill 11:30 Lunch 12:30 Strength Training	30 9:00 Yoga 11:30 Lunch No Walking Club Today Tax Incentive App. Deadline	31 New Year's Eve NO VAN NO Strength Training

Van Trips: The cost is \$2.00 roundtrip. The pick-up time for Tuesday shopping trips, as well as the monthly Thursday trip to Super Walmart in Salem, NH, is 9:30 a.m. The pick-up time for all other Thurs. trips is 10:30 a.m., unless otherwise noted. Please confirm pick-up times when you call. Make your reservations ASAP by calling the COA at (978) 352-5726.